

NUTRIENT STANDARDS FOR SCHOOL NUTRITION PROGRAMS

Menus planned for a week must average the daily nutrient levels shown in the chart below.

Lunch					Breakfast		
	Pre-school	Grades K-6	Grades 7-12	Grades K-3 (Option)	Pre-school	Grades K-12	Option Grades 7-12
Energy Allowances	517 calories	664 calories	825 calories	633 calories	388 calories	554 calories	618 calories
Total fat ¹	17 g ¹	22g ¹	28g ¹	21g ¹	13g ¹	18g ¹	21g ¹
Total saturated fat ²	6g ²	7g ²	9g ²	7g ²	4g ²	6g ²	7g ²
Protein	7g	10g	16g	9g	5g	10g	12g
Calcium	267mg	286mg	400mg	267mg	200mg	257mg	300mg
Iron	3.3mg	3.5mg	4.5mg	3.3mg	2.5mg	3.0mg	3.4mg
Vitamin A	150RE	224RE	300RE	200RE	113RE	197RE	225RE
Vitamin C	14mg	15mg	18mg	15mg	11mg	13mg	14mg

¹ Total fat not to exceed 30 percent over a school week

² Saturated fat to be less than 10 percent over a school week

³ The grams of fat will vary depending on actual level of calories because they are based on percentages.

There are no numerical goals for cholesterol, sodium and dietary fiber. However, menus should reflect the Dietary Guidelines for Americans by limiting cholesterol and sodium and increasing dietary fiber.